The Australian Women's Weekly presents . . .

TROPICAL FRUIT COOK BOOK

FROM OUR LEILA HOWARD TEST KITCHEN

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THE TROPICAL FRUITS

HERE'S a guide to the availability of tropical fruits throughout the year. Some of them are also available, in excellent quality, in canned form — so you can enjoy tropical fruit flavor at any time, even when the fruit is out of season.

AVOCADOS: A number of varieties available, which bear fruit at different times. Some variety of avocado is available, although not always in great quantity, from March to December.

BANANAS: Supplies come from Queensland and from Northern N.S.W. One of the few popular fruits available all year round.

BANANA-PASSIONFRUIT: Shaped like a banana, with pale, yellow skin, but with a filling which tastes like passionfruit; delicious in fruit salad or just spooned over ice-cream. Available December to January; a good season could extend the supply to February.

CUSTARD APPLES: One of the most exotic-looking of all tropical fruits; delicious to eat just by itself, or sliced, as dessert, with cream. Supplies from Queensland are available around February; from N.S.W., May to July.

GUAVAS: Two varieties — yellow guava and little cherry guava — available March and April.

MANGOES: Supplies come from Queensland and northern N.S.W. Queensland fruit available November to February; N.S.W., from February to April.

MONSTERA DELICIOSA: A long cone, around 12in. in length (this length can vary greatly), of small pod-like sections; when the fruit is ripe, these pods burst away from the cone. Eat the pods alone, or mix them in fruit salad. By themselves, they seem to have a true "fruit salad" taste — a combination of several fruit flavors. Generally available November to April.

PAPAWS: Available from August to end of February; best-quality fruit available in the summer months.

PASSIONFRUIT: Generally available all year round.

PINEAPPLES: Generally available all year round. Main crop, available December to March, has beautifully sweet fruit; winter crop available July to September.

Picture on page 1 by staff photographer Kevin Brown

SAVORY DISHES

ORIENTAL PORK

1 cup rice
boiling salted water
1lb. pork fillet
3 tablespoons cornflour
oil for deep frying
15oz. can pineapple pieces
2 sticks celery
1 cup chicken stock
3 tablespoons dry sherry
2 tablespoons vinegar
1 medium carrot
1 teaspoon salt
pepper
2 tablespoons cornflour, extra
water
1 dessertspoon soy sauce
¾ cup chopped shallots
2oz. blanched almonds
1 small pkt. quick-frozen green beans

Add rice gradually to large quantity of boiling salted water. Boil rapidly 15 minutes, drain, and keep hot. Cut pork into thin strips, toss in 3 tablespoons cornflour, deep fry in hot oil until golden brown, drain.

Drain pineapple pieces, reserve ½ cup pineapple syrup. Chop celery and carrot. Combine chicken stock, pineapple syrup, dry sherry, vinegar, pineapple pieces, celery, carrot, salt and pepper to taste in saucepan; cover, simmer 10 minutes or until vegetables are partly cooked.

Blend 2 tablespoons cornflour with a little water, remove pineapple sauce from heat, stir in blended cornflour. Return to heat, stir until mixture boils and thickens, add pork pieces, soy sauce, and shallots; keep hot. Cook beans in small amount of boiling salted water until tender, drain. Split almonds, saute in heated oil until golden brown, add to rice. Spoon pineapple-pork mixture over almond-rice, top with hot, cooked beans.

Serves 6.

ORIENTAL PORK, with colorful vegetables and pineapple, is served with hot rice tossed with toasted almonds. Recipe at left.

More recipes overleaf

Use Golden Circle pineapple slices to make

Sea Shell Salad

1 15 oz can Golden Circle Sliced Pineapple; 2 cups cooked shell-shaped noodles; 1 cup diced celery; ¼ cup chopped shallots or onion; ½ cup green capsicum cut in ½" squares; 1 can chunk-style Tuna, drained and flaked; ½ cup Mayonnaise; salt and pepper to taste; 4 green leaves of lettuce, shredded.

Drain pineapple slices (pour liquid into your juice container). Cut one-third from each slice and reserve larger pieces for garnish. Cut smaller pieces into chunks and toss with remaining ingredients except lettuce. Pile in centre of serving dish, place shredded lettuce around edge. Bring cut edges of sliced pineapple together and fasten with toothpicks. Place on lettuce, chill thoroughly and serve. Serves 4.

Tropical sunshine in a can

HAWAIIAN HAM

- 4 thick ham steaks
- approximately 4oz. butter or substitute
- 2 tablespoons brown sugar
- 1 cup pineapple juice

Marinate ham steaks in combined pineapple juice and brown sugar for 3 hours. Drain well. (We found the meatiest ham steaks came from the shoulder. Cut about 1in. thick, they kept their shape during cooking and remained beautifully moist and juicy.)

Heat butter, fry steaks until golden brown on both sides; turn constantly during cooking. Canned pineapple rings, sauteed in hot butter, can be served as an accompaniment.

Serves 4.

CHICKEN AND PORK WITH PINEAPPLE

- 3lb. chicken or 3lb. chicken pieces
- 2 tablespoons oil
- 1lb. pork
- 1 teaspoon salt
- 1 clove garlic, crushed
- 1 dessertspoon finely chopped green ginger
- 4oz. mushrooms
- 1 large onion
- 1 cup chopped celery
- 1 dessertspoon soy sauce
- 15oz. can pineapple pieces
- 1 cup chicken stock
- 2 cups shredded cabbage
- ½ red pepper
- ½ green pepper
- 4 tablespoons cornflour
- 1 teaspoon sugar
- ½ cup water

Remove meat from chicken, cut into 3in. strips. Trim fat from pork, cut into strips. Heat oil, salt, garlic, and ginger in large frying pan; gradually add chicken and pork, stir constantly until meat is tender and lightly browned. Slice mushrooms, chop onion coarsely. Add mushrooms, onion, celery, and soy sauce to pan, saute 3 minutes or until just tender.

Drain pineapple, reserve pieces, add syrup, chicken stock, and cabbage to pan, cover, simmer 5 minutes. Chop red and green peppers into 1in. pieces, add to small amount of boiling water, boil 2 minutes; drain. Blend cornflour and sugar with water, add to chicken mixture, stir until mixture boils and thickens. Add red and green peppers and reserved pineapples pieces, stir to combine well. Serve with hot rice.

Serves 6.

VEAL WITH PINEAPPLE

- 6 large veal steaks
- salt, pepper
- 4oz. mushrooms
- 2oz. butter
- 6 slices canned pineapple
- ½ cup cream

Pound steaks until very thin, season with salt and pepper, fry in heated butter until tender and brown on both sides. Slice mushrooms, move veal to one side of pan, add mushrooms and pineapple slices; saute until mushrooms are tender and pineapple golden brown. Remove veal to serving plate, top each steak with mushrooms and a pineapple slice. Add cream to pan drippings, heat gently, do not boil; pour over veal steaks.

Serves 6.

VEAL AND PINEAPPLE PATTIES

- 15oz. can pineapple slices
- 1lb. minced veal
- ½lb. minced pork
- 1 cup soft breadcrumbs
- 1 egg
- ¼ cup finely chopped onion
- 2 tablespoons chopped parsley
- salt, pepper

SAUCE

- 1 cup brown sugar
- 1 teaspoon prepared mustard
- ¼ cup pineapple syrup
- 1 tablespoon vinegar

Drain pineapple slices, reserve ¼ cup syrup for sauce. Combine veal, pork, breadcrumbs, onion, egg, parsley, salt and pepper. Shape mixture into 6 patties same size as pineapple slices. Place pineapple slices in an ovenproof dish, top each one with a veal patty. Pour sauce over patties, bake in moderately slow oven 1 hour, basting frequently with sauce throughout cooking time.

Sauce: Blend brown sugar and mustard with reserved ¼ cup syrup and vinegar.

Serves 6.

HAWAIIAN HAMBURGERS

- ¼ cup soy sauce
- 1 clove garlic, crushed
- ½ teaspoon ground ginger
- 1 onion
- 1lb. hamburger steak
- salt, pepper
- oil for frying
- 8 canned pineapple slices

Combine soy sauce, garlic, and ginger. Chop onion finely, combine with hamburger steak, salt, and pepper. Shape into 8 patties, pour soy sauce mixture over, allow to marinate 30 minutes. Drain patties, fry in small amount of heated oil until brown on both sides and cooked through. Remove patties from pan, keep hot. Fry pineapple slices lightly on both sides in remaining oil. Serve one patty on each pineapple slice.

Serves 4.

FISH WITH PINEAPPLE

- 2lb. fish fillets
- 4 shallots
- 2 tablespoons soy sauce
- 1 tablespoon brandy
- pinch salt
- 2 eggs
- 2 tablespoons cornflour
- 2 tablespoons oil
- 15oz. can pineapple pieces
- 1 dessertspoon sugar
- ½ pint water

Skin and bone fish, cut into bite-sized pieces. Chop shallots, combine with fish pieces, soy sauce, brandy, and salt. Marinate 30 minutes. Beat eggs, gradually blend in cornflour. Dip fish pieces in egg mixture, fry quickly in hot oil for 2 minutes on each side or until tender. Place on serving dish, keep hot. Drain pineapple pieces, reserve ¼ cup syrup. Blend remaining egg mixture with pineapple syrup, sugar, water, and pineapple pieces, stir until sauce boils and thickens. Pour over fish pieces. Serve with hot rice.

Serves 4 to 6.

DELICIOUS GRILLED CHICKEN

- 3lb. chicken or 3lb. chicken pieces
- 1 small onion
- 15oz. can crushed pineapple
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 1 tablespoon soy sauce
- ¼ teaspoon ground ginger
- 1 tablespoon oil

Cut chicken into serving-sized pieces. Chop onion finely, drain pineapple, reserve 2 tablespoons syrup. Add this reserved syrup and remaining ingredients, including crushed pineapple, to chicken pieces, marinate 2 hours; turn frequently. Grill chicken pieces slowly until tender, basting often with marinade ingredients. Heat any remaining marinade, serve as a sauce over chicken pieces.

Serves 4 to 6.

TROPICAL LAMB CURRY

- 3lb. lean lamb
- 2oz. butter or substitute
- 1 tablespoon curry powder
- ½ cup chopped onion
- 1 teaspoon salt
- 15oz. can pineapple pieces
- 2 cups chopped celery
- 3 tablespoons flour
- 1 clove garlic, crushed

Trim fat from lamb, cut into 1in. cubes. Heat butter or substitute, add curry powder, onion, and garlic, saute 2 minutes. Add meat cubes gradually, brown well. Drain pineapple pieces, blend syrup with flour and salt. Add syrup mixture, pineapple pieces, and celery to meat, stir until curry boils and thickens. Reduce heat, cover, and simmer gently 30 to 45 minutes or until lamb is tender. Serve with hot rice. Serves 4 to 6.

BACON AND PINEAPPLE FLAPJACKS

1 cup self-raising flour
pinch salt
pinch cayenne pepper
1 egg
¾ cup milk
oil for frying
1 tablespoon melted butter or substitute
2oz. diced cooked ham
3 tablespoons chopped canned pineapple

Sift flour, salt, and cayenne pepper into mixing bowl, beat egg and milk together, add to well in centre of dry ingredients. Mix from centre outward to make a smooth batter. Fold in melted butter, ham, and pineapple. Drop dessertspoonful at a time into hot oil, fry until golden brown, approximately 5 to 8 minutes. Turn once during cooking. Serve hot.

Serves 4.

PAPAW WITH HAM

1 small firm ripe papaw
lemon juice
4 or 8 thin slices ham

Cut papaw into four, remove seeds. Squeeze a little lemon juice over fruit. Arrange one or two slices of pink ham over each piece of papaw.

This makes a delicious first course for a dinner party or it could be a light luncheon meal for summer. Garnish each serving, if desired, with small crisp lettuce leaves and black olives. (See picture right.)

Serves 4.

AVOCADO DIP

1 large ripe avocado
4oz. package cream cheese
1 tablespoon mayonnaise
1 tablespoon lemon juice
1 teaspoon grated onion
salt, pepper

Cut avocado in half, remove stone, scoop flesh into a bowl, add softened cream cheese and mayonnaise, blend together well. Add lemon juice, onion, salt and pepper, mix well. Use as dip or savory spread with toast or biscuits.

HAWAIIAN CHICKEN

3lb. chicken pieces
3 tablespoons seasoned flour
3oz. butter or substitute
1 medium onion
15oz. can pineapple pieces
salt, pepper
2 tablespoons brown sugar
¼ cup lemon juice

Toss chicken pieces in seasoned flour, fry in heated butter until evenly browned. Chop onion, drain pineapple, reserve ¾ cup syrup. Remove chicken pieces from pan, add onion and pineapple pieces, saute until lightly browned. Combine remaining ingredients, including reserved syrup, pour into pan, stir well to combine. Place browned chicken pieces in sauce, cover, and simmer 45 minutes or until chicken is tender; stir occasionally during cooking.

Serves 4.

AVOCADO WITH CRAB

4oz. can crab
½ cup mayonnaise
juice 1 lemon
salt, pepper
2 ripe avocados

Drain crab, remove any tissue, chop meat finely Combine mayonnaise, lemon juice, salt and pepper, add crab meat. Cut avocados in half, remove seed, fill each half with crab mixture.

Serves 4.

CHICKEN OF THE ISLANDS

4lb. chicken pieces
¼ cup soy sauce
½ cup white wine
juice of 1 lemon
1 clove garlic
½ teaspoon curry powder
½ teaspoon ground ginger
pinch pepper
4oz. butter or substitute
2 onions
seasoned flour
¾lb. uncooked rice
1 large can pineapple slices
1oz. butter extra
½ cup toasted slivered almonds
1 red pepper

Mix together soy sauce, ¼ cup white wine, lemon juice, crushed garlic, curry powder, ginger, and pepper.

Pour over chicken pieces, marinate several hours, turning occasionally. Melt butter in pan, cook sliced onions until golden brown; remove from pan.

Dry chicken, coat with seasoned flour. Cook in pan until golden brown, turning occasionally. Add onions and marinade; cover, simmer gently 45 minutes or until tender, uncovering pan for the last 15 minutes of cooking time.

Meanwhile, cook rice, drain and keep hot. Cut pineapple slices in half and brown in extra butter; fry chopped pepper until softened.

To serve, mix rice, toasted almonds, and red pepper. Heap on large serving platter. Arrange chicken pieces and pineapple slices around edge. Add remaining ¼ cup white wine to pan drippings, heat, stirring; pour over chicken.

Serves 6.

SWEET AND SOUR FISH

2lb. cod or other thick fish fillets
1lb. prawns
4 sticks celery
2 onions
1 small red pepper
½ bunch shallots
cornflour
oil for frying

SAUCE

1 cup water
1 chicken stock cube
1 tablespoon tomato paste
1 tablespoon soy sauce
1 teaspoon ginger
3 tablespoons white wine
1 dessertspoon cornflour
salt, pepper

Cut fish into bite-sized pieces. Shell prawns. Combine water and stock cube. Heat, stirring, then cool; take ½ cup of this mixture, combine with tomato paste, soy sauce, wine, and ginger. Place fish and prawns in this mixture, marinate 1 hour. Peel and slice onions. Wash celery and shallots, cut into diagonal pieces. Remove core and seeds from pepper, cut into thin strips.

Drain fish, reserve marinade. Toss fish in cornflour to coat well. Fry in hot oil until golden brown; remove from oil, keep hot. Fry onion in little hot oil until transparent, add celery, pepper, and shallots. Cook further 3 to 4 minutes. Add fish, keep hot.

Sauce: Blend cornflour with remaining stock, add to reserved marinade. Bring to boil, stirring constantly. Season to taste. Pour sauce over fish and vegetables, stir to coat with sauce. Serve with hot boiled rice.

Serves 6.

PAPAW WITH HAM — a delicious combination of flavors. Serve it as a fresh-tasting entree or as a light summer snack.

CAKES and other good things

PINEAPPLE RASPBERRY SLICE

15oz. can crushed pineapple
4oz. butter or substitute
½ cup sugar
1 egg
1½ cups plain flour
raspberry jam

TOPPING

1 egg
½ cup sugar
1 cup coconut

Drain crushed pineapple (syrup is not needed in this recipe). Cream butter, sugar, and egg until light and fluffy, work in sifted flour. Spread mixture over base of greased 11in. x 7in. lamington tin, spread with raspberry jam, top with crushed pineapple. Spread topping carefully over pineapple, bake in moderate oven 25 to 30 minutes. Cut into slices.

Topping: Beat egg lightly with sugar, stir in coconut.

COCONUT-TOPPED PINEAPPLE CAKE

15oz. can crushed pineapple
3oz. butter or substitute
1 teaspoon vanilla
½ cup sugar
1 egg
1¼ cups self-raising flour

COCONUT TOPPING

1oz. butter or substitute
½ cup coconut
1-3rd cup sugar
1-3rd cup chopped walnuts

Drain pineapple well, reserve 1-3rd cup of the syrup. Cream butter, vanilla, and sugar until light and fluffy, add egg, beat well. Add sifted flour and reserved pineapple syrup alternately, beat lightly until smooth. Spread half cake batter into greased and lined 8in. sandwich tin, top with drained crushed pineapple, spread evenly with remaining cake batter. Sprinkle with Coconut Topping, bake in moderate oven for 45 minutes.

Coconut Topping: Melt butter, stir in remaining ingredients.

PINEAPPLE ROCK CAKES

2 cups self-raising flour
pinch salt
¼ teaspoon mixed spice
3oz. butter or substitute
¼ cup sugar
½ cup well-drained crushed pineapple
4 tablespoons pineapple syrup from can
1-3rd cup sultanas
1 egg

Sift dry ingredients into basin, rub in butter or substitute. Add sugar, pineapple and sultanas, combine well. Beat egg and combine with pineapple syrup, add to well in centre of dry ingredients, stir until combined. Place dessertspoonfuls of mixture on to lightly greased oven trays. Bake in moderate oven 20 to 25 minutes.

Makes approximately 20.

PASSIONFRUIT LOAF

4oz. butter or substitute
2-3rd cup castor sugar
2 eggs
2 cups self-raising flour
pinch salt
3 passionfruit
milk

PASSIONFRUIT ICING

1 cup icing sugar
½ teaspoon butter
1 passionfruit
milk

Soften butter; sift flour and salt together. Remove pulp from passionfruit, measure, add sufficient milk to give 2-3rd cup liquid. Combine all ingredients in a bowl, beat with electric mixer on low speed for 3 minutes, or beat with a wooden spoon until smooth and creamy. Place mixture into greased 9in. x 5in. loaf tin, bake in moderate oven 40 to 45 minutes. When cold, ice with Passionfruit Icing.

Icing: Sift icing sugar, stir in softened butter, passionfruit pulp and enough milk to give stiff mixture. Stand over hot water, stir until icing is of a pouring consistency. Spread quickly over top of Passionfruit Loaf.

PINEAPPLE COCONUT WHIRLS

BASE

1oz. butter or substitute
2 tablespoons brown sugar
½ cup drained crushed pineapple
¼ cup chopped walnuts

SCONE DOUGH

2 cups self-raising flour
1 teaspoon sugar
pinch salt
2oz. butter or substitute
½ cup pineapple syrup from can
approx. ½ cup milk
2 tablespoons melted butter or substitute, extra

FILLING

½ cup drained, crushed pineapple
¼ cup coconut

Base: Cream butter and brown sugar well, stir in pineapple and walnut pieces. Spread over base of lined and greased 8in. sandwich tin. Place scone whirls evenly in tin (cut side up), bake in moderately hot oven 20 to 25 minutes. Turn on to cooler, remove paper.

Scone Dough: Sift dry ingredients into mixing bowl, rub in butter until mixture resembles fine breadcrumbs. Make a well in centre, add pineapple syrup and sufficient milk to give a soft dough, cut liquid through with a knife. Turn on to floured board, knead lightly until smooth. Roll to rectangular shape approx. ¼in. thick, brush with melted butter. Spread with prepared filling, roll as for a swiss roll, rolling from longest side of rectangle. Cut into 12 even-sized pieces.

Filling: Combine pineapple with coconut.

Note: A 15oz. can of crushed pineapple is sufficient for this recipe.

PINEAPPLE BOILED FRUIT CAKE

- 1 cup sugar
- 15oz. can crushed pineapple
- 1lb. mixed fruit
- 1 teaspoon bicarbonate of soda
- 2 eggs
- 4oz. butter or substitute
- 1 cup plain flour
- 1 cup self-raising flour
- 1 teaspoon mixed spice

Place sugar, contents of can of pineapple, chopped mixed fruit, bicarbonate of soda, spice, and butter in saucepan. Bring to boil; boil 3 minutes, remove from heat, cool completely.

Sift flours, mix into cold fruit mixture with well-beaten eggs. Place mixture into greased and lined 8in. cake tin. Bake in moderate oven approximately 1½ hours, reduce heat to moderately slow, bake further 20 to 30 minutes, or until a skewer, inserted, comes out clean.

PINEAPPLE-CINNAMON SCONES

- 2 cups self-raising flour
- pinch salt
- 1 tablespoon sugar
- 1oz. butter or substitute
- 1 egg
- ½ cup milk
- 15oz. can crushed pineapple
- 2 tablespoons sugar extra
- 1 teaspoon cinnamon

Sift flour, salt, and 1 tablespoon sugar into basin. Rub in butter lightly with fingertips. Mix to soft dough with beaten egg and milk; knead lightly.

Roll dough into oblong shape, ¼in. thick. Spread well-drained pineapple over half the dough. Combine the 2 tablespoons sugar with cinnamon, sprinkle a little of this over pineapple.

Fold half of dough over, on top of pineapple; lightly press edges together. Cut into squares with sharp knife, sprinkle over remaining sugar-cinnamon mixture. Place on greased scone tray. Bake in hot oven 20 to 25 minutes.

PINEAPPLE ROCK CAKES—so easy to make, so good to eat. Recipe is on the opposite page.

BANANA WALNUT TEACAKE

- 2oz. butter or substitute
- ¾ cup sugar
- 1 egg
- 1 ripe banana
- ½ cup chopped walnuts
- 1½ cups plain flour
- pinch salt
- 1 teaspoon bicarbonate of soda
- ¼ cup milk

Cream butter, sugar, and egg until light and fluffy, add mashed banana and walnuts; mix well. Fold in sifted flour and salt alternately with soda dissolved in milk. Spoon mixture into greased 8in. sandwich tin. Bake in moderate oven 40 to 45 minutes. Cool; serve sliced, with butter.

COCONUT CAKE

- 6oz. butter or substitute
- ¾ cup castor sugar
- 3 eggs
- 4 tablespoons milk
- 2oz. coconut
- 1½ cups self-raising flour
- 1 teaspoon baking powder

Soften butter, combine with sugar, beaten eggs, coconut, milk, and sifted dry ingredients in large bowl of electric mixer; beat on a low speed for 3 minutes, or beat with a wooden spoon until mixture is smooth. Place mixture into a greased 11in. x 7in. lamington tin, bake in moderate oven 30 to 35 minutes. Ice with Lemon Glace Icing if desired.

LEMON GLACE ICING

- 1 cup icing sugar
- 1 teaspoon butter or substitute
- 2 tablespoons lemon juice, approx.

Sift icing sugar, stir in softened butter and sufficient lemon juice to give a stiff paste. Heat icing over hot water until of a running consistency. Spread icing over cooled cake.

PINEAPPLE BRANDY-BABA has hot brandy-flavored syrup poured on it while still hot from the oven. It's delicious to eat as a cake or dessert. Simple recipe is given at right.

PINEAPPLE BRANDY-BABA

8oz. butter or substitute
1 cup sugar
3 eggs, separated
1 teaspoon baking powder
2 cups plain flour
1 teaspoon bicarbonate of soda
½ pint sour cream

SYRUP

½ cup canned pineapple juice (syrup from can of pineapple may be used)
½ cup sugar
2-3rd cup brandy

PINEAPPLE-PASSIONFRUIT GLAZE

1 cup icing sugar
pulp of 1 passionfruit
1 tablespoon pineapple juice (approx.)

Cream butter and sugar until light and fluffy, add egg-yolks, beat well. Add sifted dry ingredients alternately with sour cream, beat lightly until smooth. Beat egg-whites until soft peaks form, fold lightly into cake mixture. Spoon batter into greased 8in. baba tin, bake in moderate oven 1 hour. Pour hot syrup over cake immediately it comes from oven. Allow to cool in tin. Turn on to serving plate, drizzle with Pineapple-Passionfruit Glaze.

Syrup: Combine sugar, brandy, and pineapple juice in small saucepan, bring to boiling point.

Pineapple - Passionfruit Glaze: Sift icing sugar, add passionfruit pulp and sufficient pineapple juice to give a stiff paste. Warm icing over hot water, stir until of a spreading consistency.

This is also a delicious dessert cake. After hot syrup has been poured on, and cake has cooled, refrigerate 1 to 2 hours, then turn out carefully on to serving plate. Omit the glaze; instead, cut cake into wedges, top each serving with whipped cream and passionfruit pulp.

PINEAPPLE UPSIDE-DOWN CAKE

UPSIDE-DOWN TOPPING

2oz. butter or substitute
½ cup brown sugar
15oz. can pineapple slices
glace cherries

CAKE MIXTURE

4oz. butter or substitute
¾ cup sugar
2 cups self-raising flour
2 eggs
¼ cup pineapple syrup from can
¼ cup milk

Upside-Down Topping: Blend softened butter with brown sugar (don't overmix), spread over base of greased and lined 8in. cake tin. Drain pineapple slices (reserve ¼ cup syrup for cake mixture). Arrange pineapple slices and glace cherries over brown sugar mixture; spread carefully with cake mixture, bake in moderate oven 1 hour. Allow to stand 5 minutes before turning on to serving plate. Eat as cake, or serve as dessert with whipped cream.

Cake Mixture: Cream butter and sugar well, add eggs one at a time, beat until light and fluffy. Fold in sifted flour and combined pineapple syrup and milk alternately, beat lightly until smooth.

PINEAPPLE SYRUP is added to the mixture in this delicious Pineapple Upside-Down Cake, so that there's rich fruit flavor in every bite. Recipe is at left.

DESSERTS made with fruit

TROPICAL FRUIT SALAD

1 ripe papaw
3 mangoes
1 small can pineapple pieces
1 dozen strawberries
1 tablespoon orange juice
3 tablespoons brandy
2 tablespoons kirsh
sugar

Remove seeds from papaw; cut peeled fruit into large dice. Skin mangoes, cut into pieces. Drain pineapple pieces. Combine papaw, mangoes, and pineapple in bowl, sprinkle with little sugar, add combined orange juice and brandy. Cover, let stand 1 hour.

Hull strawberries, cut in half. Put into small bowl, sprinkle with kirsch. Let stand 1 hour.

At serving time, gently combine all fruits with their liquids, spoon into serving glasses, top with whipped cream. Serves 6.

PINEAPPLE AND RHUBARB CRUMBLE

15oz. can crushed pineapple
2 cups chopped rhubarb
1 tablespoon lemon juice
1 egg
¾ cup sugar
2 tablespoons plain flour

TOPPING

½ cup plain flour
½ cup self-raising flour
½ cup sugar
3oz. butter or substitute

Drain pineapple: syrup is not needed in this recipe. Combine pineapple, rhubarb, and lemon juice in ovenproof dish. Beat egg, add sugar and flour, spoon over pineapple mixture. Sprinkle evenly with Topping, bake in moderate oven 45 minutes. Serve with cream.

Serves 6.

Topping: Rub butter into combined, sifted dry ingredients until mixture resembles breadcrumbs.

PINEAPPLE PUDDING

2 eggs
¼ cup plain flour
½ cup sugar
pinch salt
1 tablespoon lemon juice
½ cup milk
¼ cup drained canned crushed pineapple
¼ cup pineapple syrup from can

Separate eggs, blend egg-yolks with sifted flour, sugar, and salt, add lemon juice, milk, pineapple, and syrup, stir to combine well. Beat egg-whites stiffly, fold lightly into pudding mixture. Pour into 2-pint ovenproof dish, bake in slow oven 45 to 50 minutes or until set. Spoon into individual serving dishes, top with whipped cream.

Serves 6.

PINEAPPLE RICE PUDDING

½ cup rice
boiling water
15oz. can crushed pineapple
2 eggs
½ teaspoon salt
¼ cup sugar
1 large can evaporated milk

Add rice gradually to large quantity of boiling water, boil rapidly for 15 minutes; drain well. Drain crushed pineapple thoroughly. Beat eggs lightly with salt and sugar, stir in evaporated milk, rice, and crushed pineapple. Pour into 3-pint ovenproof dish, bake in slow oven 35 to 40 minutes, or until set.

Serves 6 to 8.

HAWAIIAN CREAM

15oz. can pineapple pieces
4oz. marshmallows
1 cup cream
¼ cup glace cherries
¼ cup toasted slivered almonds

Drain pineapple, reserve ¼ cup syrup. Chop marshmallows roughly, slice cherries. Combine pineapple, marshmallows, cherries, and reserved syrup. Allow to stand 1 hour. Fold in whipped cream and almonds. Spoon into desert dishes, refrigerate well before serving.

Serves 4.

FRUITTI ICE-CREAM CAKE

15oz. can crushed pineapple
3 passionfruit
1½ cups cake crumbs
vanilla ice-cream
2 egg-whites
½ cup sugar
½ teaspoon vanilla

Drain pineapple well (syrup is not needed in this recipe); remove pulp from passionfruit. Line base and sides of greased 8in. pie plate with cake crumbs, press firmly. Spoon combined pineapple and passionfruit into lined pie plate, spread top with partly softened ice-cream, using sufficient to fill pie plate. Freeze until firm.

Beat egg-whites until foamy, gradually add sugar, beat until of meringue consistency, add vanilla, spread over ice-cream. Bake in moderate oven 5 minutes or until top is lightly browned. Serve immediately.

Serves 6.

BANANA BUTTERSCOTCH PIE

8in. baked pastry case
¾ cup brown sugar
1½ tablespoons plain flour
pinch salt
2 cups milk
2 eggs, separated
1oz. butter or substitute
1 teaspoon vanilla
¼ cup sugar
3 bananas
1 dessertspoon lemon juice
¼ cup coconut

Combine brown sugar, flour, and salt in saucepan, add milk gradually, stir until mixture boils and thickens, remove from heat, add egg-yolks, butter, and vanilla, stir well to combine. Allow to become cold. Place half butterscotch mixture in pastry case, top with sliced bananas, sprinkle with lemon juice. Spread over remaining butterscotch mixture. Beat egg-whites until foamy, gradually add sugar, beating until grains are dissolved, pile roughly over butterscotch mixture, sprinkle with coconut. Bake in moderate oven 5 to 10 minutes or until meringue is set and lightly browned.

PINEAPPLE LIME MOULD

15oz. can crushed pineapple
water
¼ cup sugar
1 pkt. lemon jelly crystals
2 eggs
¼ pint cream

Drain pineapple, add sufficient water to syrup to give 1¾ cups liquid. Add jelly and sugar, bring to boil, stir to dissolve thoroughly; cool. Separate eggs; beat yolks, gradually add cooled jelly mixture. Refrigerate until partly set. Beat egg-whites stiffly; beat cream until soft peaks form. Fold egg-whites, cream, and pineapple through jelly mixture. Pour into 1½-pint wetted mould, refrigerate until firm.

Serves 4-6.

COCONUT-TOPPED PINEAPPLE PIE

COCONUT CRUST

4oz. butter or substitute
8oz. crushed coconut biscuits

FILLING

15oz. can crushed pineapple
1 pkt. pineapple jelly crystals
1 banana
½ cup coconut
1 cup evaporated milk, chilled
¼ cup lemon juice
¼ cup toasted coconut

Coconut Crust: Melt butter, combine with crushed biscuit crumbs, press over base and sides of greased 9in. pie plate. Refrigerate, prepare filling.

Filling: Place undrained pineapple in saucepan, bring to boil, add jelly, stir until dissolved. Refrigerate until partly set. Slice banana, add with coconut to pineapple mixture. Whip chilled evaporated milk until soft peaks form. Add lemon juice, whip until stiff. Lightly fold into pineapple mixture. Pile into chilled Coconut Crust, sprinkle with toasted coconut. Refrigerate until firm.

JELLIED PAPAW WEDGES — firm ripe papaw is filled with a jellied passionfruit mixture to make this superbly flavored dessert. Recipe is given below left.

Continued overleaf

JELLIED PAPAW WEDGES

1 firm ripe papaw
1 tablespoon sweet sherry
1 pkt. lemon jelly crystals
1 cup boiling water
½ cup orange juice
3 passionfruit

Cut papaw in half lengthwise, remove seeds; if necessary, cut a small slice from underside of papaw to make it sit firmly. Divide sherry into both halves of papaw, set aside. Dissolve jelly in boiling water, add orange juice and sufficient cold water to bring liquid to 1 pint. Refrigerate until partly set.

Remove pulp from passionfruit, add to jelly with sherry and juice collected in papaw shells. Pour jelly into papaw halves, refrigerate until set. To serve, cut each half into two wedges; if desired, serve with ice-cream.

Serves 4.

PASSIONFRUIT MALLOW PIE

PASTRY

½ cup self-raising flour
½ cup plain flour
2 tablespoons custard powder
pinch salt
2 tablespoons sugar
3oz. butter or substitute
2 tablespoons milk or water

FILLING

2oz. butter or substitute
½ cup sugar
1 tablespoon cornflour
¾ cup water
¼ cup lemon juice
pulp 2 or 3 passionfruit
1 egg-yolk

MARSHMALLOW

½ cup hot water
1 teaspoon lemon juice
1 teaspoon gelatine
½ cup sugar
1 egg-white
extra passionfruit pulp

Pastry: Sift dry ingredients into basin, rub in butter or substitute, mix to firm dough with milk or water. Knead lightly on floured board, roll to ¼in. thickness. Line 9in. pie plate, trim, and pinch edges. Prick pastry with fork. Bake in hot oven 15 to 20 minutes. Cool, prepare filling.

Filling: Place in saucepan butter, sugar, water, and cornflour (which has been blended with lemon juice). Stir over low heat until mixture boils and thickens. Add passionfruit pulp, continue stirring, simmer 1 minute. Remove from heat, add egg-yolk. Cool slightly, pour into pastry case. Meanwhile prepare marshmallow topping.

Marshmallow: Dissolve gelatine in hot water, allow to cool, add lemon juice. Beat egg-white stiffly, gradually add dissolved gelatine, then sugar, beating constantly until thick. Pile on to filling in pastry case, spoon extra passionfruit pulp on top; refrigerate.

PINEAPPLE WHIP

15oz. can crushed pineapple
1 pkt. pineapple jelly crystals
1 cup chilled evaporated milk
1 tablespoon finely chopped preserved ginger
chopped glace cherries
chopped nuts

Drain pineapple, reserve syrup. Place syrup in saucepan, bring to boil, add jelly crystals, stir until dissolved. Refrigerate until partly set. Whip well-chilled milk until stiff peaks form; gradually pour in partly set jelly, beat until thick. Fold in crushed pineapple and ginger. Spoon into parfait glasses. Top each one with chopped cherries and nuts. Refrigerate before serving.

Serves 6.

PAPAW CREAM CHEESE TART

BISCUIT PASTRY

3oz. butter or substitute
¼ cup sugar
1 egg
1 2-3rd cups plain flour
½ teaspoon baking powder

FILLING

3 passionfruit
2 cups chopped papaw
grated rind 1 orange
2 tablespoons sugar

TOPPING

2oz. butter or substitute
10oz. cream cheese
2 eggs
grated rind 1 lemon
1 tablespoon lemon juice
¼ cup sugar

Biscuit Pastry: Cream butter, sugar, and egg together, work in sifted flour and baking powder, turn on to floured board, knead lightly until smooth. Roll pastry a little larger than 8in. pie plate. Cut ½in. strip from pastry, place around rim of greased pie plate, line pie plate with remaining pastry, being careful not to break or stretch the pastry. Press edges of pastry together, trim and decorate edge.

Spoon filling into pastry case, spread carefully with topping. Bake in moderately hot oven for 10 minutes, reduce heat to moderate, bake for further 15 to 20 minutes or until set. Cool before serving.

Filling: Remove pulp from passionfruit, combine with papaw, orange rind, and sugar.

Topping: Sieve cream cheese. Cream butter, cream cheese, lemon rind and juice until smooth. Beat eggs until foamy, gradually add sugar, continue beating until grains are dissolved, fold into cream-cheese mixture.

TAHITIAN POI

1 large ripe papaw
¼ pint cream
4 slices canned pineapple

Peel papaw, remove seeds, chop papaw and pineapple roughly. Puree fruit in an electric blender. Spoon fruit into dessert dishes. Sweeten whipped cream with a little brown sugar if desired, serve on top of fruit, or fold through fruit mixture just before serving.

Serves 4 to 6.

PINEAPPLE PASSIONFRUIT CREAM

½ cup canned crushed pineapple
3 passionfruit
1 tablespoon sugar
1 dessertspoon lemon juice
1 dessertspoon gelatine
¼ cup water
½ pint cream

Combine well-drained pineapple with passionfruit, sugar, and lemon juice. Cover, stand 1 hour. Soften gelatine in cold water, dissolve over hot water, add to fruit mixture. Whip cream until stiff peaks form, fold into fruit mixture. Turn into lightly oiled mould, refrigerate 3 to 4 hours or until firm. Unmould on to serving plate.

Serves 4.

PAPAW MOUSSE

2 tablespoons water
1 dessertspoon gelatine
½ small papaw
3 passionfruit
1-3rd cup sugar
1 dessertspoon lemon juice
½ pint cream
1 egg-white

Combine gelatine and water, allow to stand 5 minutes. Peel and seed papaw, mash to a pulp or puree in blender; this should give 1 cup of pulp. Dissolve gelatine mixture over hot water, add to papaw, passionfruit pulp, sugar, and lemon juice, stir well. Whip cream until stiff peaks form, beat egg-white stiffly; fold both into papaw mixture. Refrigerate until of a creamy consistency (about 3 hours). Spoon into dessert dishes. If desired, top with papaw slices, passionfruit, and whipped cream.

Serves 4.

MANGO MOUSSE

Make as for Papaw Mousse, but substitute 1 cup mango pulp for the papaw; omit the passionfruit.

PINEAPPLE ORANGE GELATO

¾ cup sugar
2 15oz. cans pineapple-orange juice
1 cup water
grated rind 1 lemon
¼ cup lemon juice
½ pint cream

Combine sugar, pineapple-orange juice, water, lemon rind, and lemon juice in saucepan, bring to boil, simmer 15 minutes; strain, allow to cool. Whip cream until soft peaks form, fold lightly into cold syrup. Pour mixture into ice-cream trays.

When poured into trays, the two mixtures do not immediately combine —cream will float on top. It is important to stir gelato often during freezing; simply run a fork through mixture several times, every 30 minutes or so. Cream and fruit syrup then combine to make a deliciously creamy fruit-flavored ice.

Serves 6.

PINEAPPLE CREAM CHEESE TART

SHORTCRUST PASTRY

1½ cups plain flour
½ teaspoon baking powder
pinch salt
4oz. butter or substitute
1 dessertspoon water, approx.

FILLING

15oz. can crushed pineapple
1-3rd cup sugar
1 tablespoon cornflour
8oz. cream cheese
½ cup sugar extra
2 eggs
½ cup milk
½ teaspoon vanilla

Shortcrust Pastry: Rub butter into sifted dry ingredients until mixture resembles fine breadcrumbs. Add sufficient water to combine ingredients. Turn pastry on to floured board, roll to fit an 8in. pie plate. Trim and decorate edge. Refrigerate while preparing filling.

Filling: Combine undrained pineapple, 1-3rd cup sugar, and cornflour in saucepan, stir until mixture boils and thickens. When cold, spread into uncooked pastry case. Sieve cream cheese, beat until smooth, add ½ cup sugar, eggs, milk, and vanilla, beat well to combine; pour over pineapple mixture. Bake in moderately hot oven 10 minutes, reduce heat to moderate for further 25 to 30 minutes. Cool, then refrigerate.

PINEAPPLE ICE

15oz. can pineapple juice
1 pint water
½ cup sugar
2 tablespoons lemon juice

Combine sugar and water in saucepan, stir over heat until sugar dissolves, boil 5 minutes. Mix in pineapple juice and lemon juice; strain, allow to cool. Pour into refrigerator trays, freeze until mushy. Remove from trays, beat well, return to trays, freeze again. Top each serving with a little finely chopped fresh mint. Serves 6.

HOT PINEAPPLE FRITTERS

1 small can pineapple slices
¾ cup plain flour
1 tablespoon oil
1 egg
pinch salt
½ cup lukewarm water
oil for deep-frying

Drain pineapple slices, pat dry; pineapple syrup is not needed for this recipe. Separate egg; mix sifted flour and salt gradually with water, beat in egg-yolk and oil until batter is smooth. Leave to stand at room temperature 2 hours. Whisk egg-white until stiff, fold into batter.

Dip pineapple slices in batter, drop into deep, hot oil. Fry until golden brown; turn once during cooking time.

Serve by themselves or with whipped cream or ice-cream.

TROPICAL AMBROSIA

1 small can pineapple pieces
2 oranges
1 grapefruit
½ cup coconut

Drain pineapple, reserve juice. Peel oranges and grapefruit, removing all white pith. Cut fruit into neat segments, combine in bowl with pineapple. Pour over a little pineapple syrup and, if desired, 1 or 2 tablespoons rum or brandy. Sweeten to taste with a little sugar, if necessary.

At serving time, spoon fruit into serving dishes with the liquid. Sprinkle with coconut.

Serves 4.

PINEAPPLE ALASKA

1 pineapple
canned fruit, or fruit in season
ice-cream
2 egg-whites
pinch salt
½ cup sugar
¼ cup brandy

Cut pineapple in half, lengthways, including the green top. With sharp knife, remove fruit from shells, being careful not to pierce shells. Remove core from pineapple, cut fruit into cubes or wedges; put into basin. Add any fruit in season—mangoes, papaw, passionfruit, bananas which have been dipped in lemon juice to retain their color. Cut fruit in similar size to pineapple pieces. Halved glace cherries can also be added for color.

Sprinkle fruit with a little sugar, pour brandy over. Cover bowl, let stand 30 minutes. Just before serving time, fill fruit back into pineapple shells. Spoon ice-cream over, cover with meringue, spreading meringue on to edges of pineapple to provide a firm seal for ice-cream.

Put filled pineapple shells on to baking tray. Place in hot oven for 5 minutes to tint meringue. Some slivered almonds can be scattered over meringue before placing in oven. Serve at once.

Meringue: Beat egg-whites with salt until soft peaks form. Gradually beat in sugar, beat until of meringue consistency.

Pineapple Alaska can be made with small pineapples, so that each pineapple half provides an individual serving; or one larger pineapple can be used and the dessert spooned from the shells into individual serving dishes.

PINEAPPLE PASSIONFRUIT CREAM PIE

CRUMB CRUST

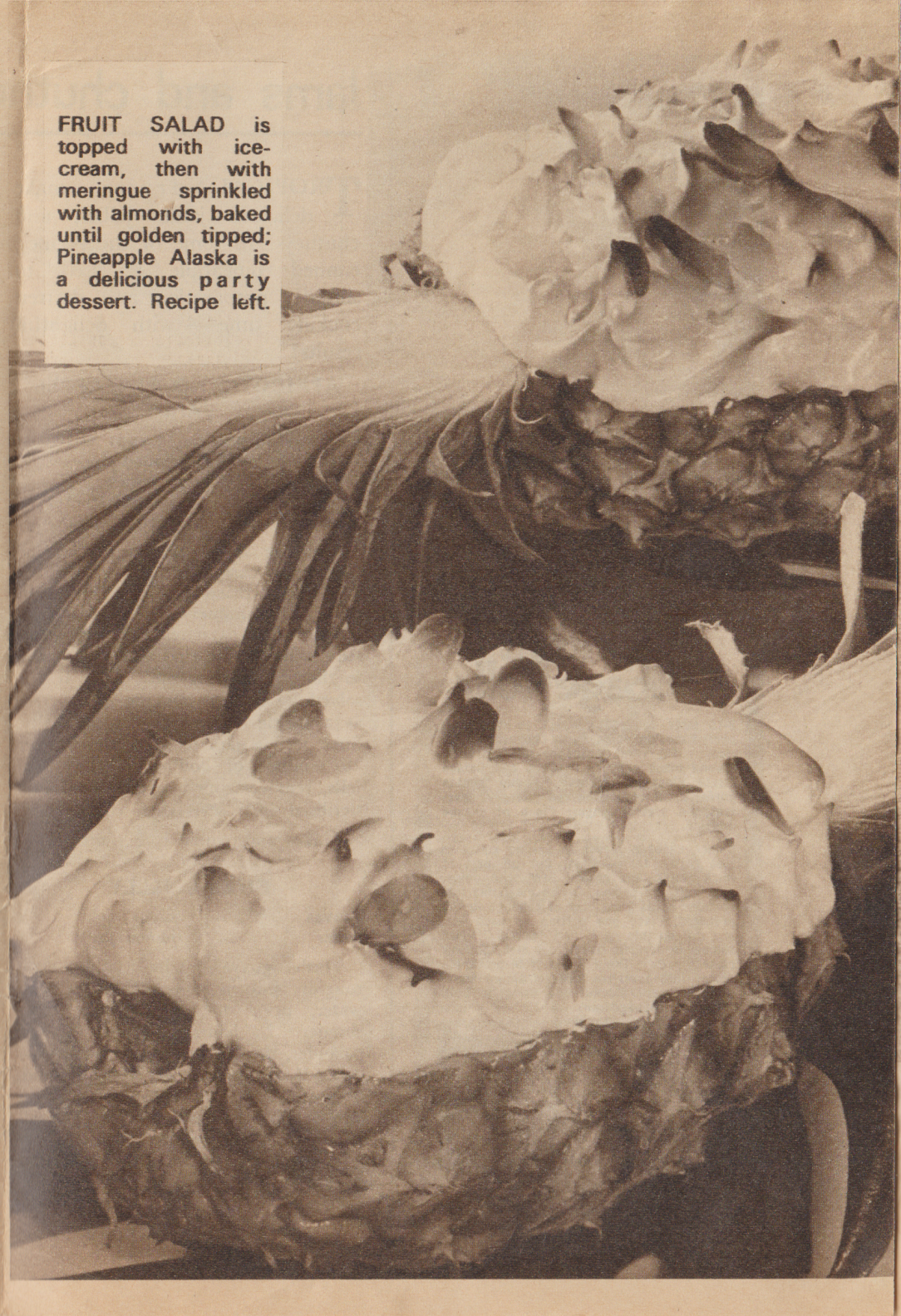
6oz. plain sweet biscuit crumbs
3oz. butter or substitute
1 teaspoon vanilla

FILLING

1 egg, separated
1oz. butter or substitute
¼ cup sugar
¼ pint milk
¼ cup water
½ cup cream
1 dessertspoon gelatine
15oz. can crushed pineapple
pulp of 2 passionfruit

Crumb Crust: Melt butter, add to biscuit crumbs and vanilla, blend well. Press mixture into greased 8in. pie plate, refrigerate until firm.

Filling: Combine egg-yolk, butter, sugar, and milk in top of double saucepan; stir over simmering water until butter melts and custard thickens and coats back of a spoon. Add gelatine to water, stand 5 minutes; add to hot custard, stir until gelatine dissolves. Add well-drained pineapple and passionfruit pulp, cool. Beat egg-white until stiff; beat cream until soft peaks form. Fold egg-white and cream into custard. Spoon filling into crumb crust, refrigerate until firm.



FRUIT SALAD is topped with ice-cream, then with meringue sprinkled with almonds, baked until golden tipped; Pineapple Alaska is a delicious party dessert. Recipe left.

Golden Circle
Pineapple Pieces
make this summer hot dish

Capricorn Cabbage Rolls

8-10 large cabbage leaves; 1½ lb ground beef; 1 medium onion, finely chopped; ½ cup rice; 1½ level teaspoons salt; freshly ground black pepper; 1 15 oz can Golden Circle Pineapple Pieces; ½ cup tomato purée; 2 tablespoons lemon juice; ½ level teaspoon ground ginger; Pinch of ground allspice.

Blanch cabbage leaves in boiling water to just soften them—drain. Cut off part of thick stalks. Mix ground beef with onion, rice, salt and pepper. Divide meat mix into portions equal to number of cabbage leaves prepared. Place one portion on each leaf and roll up into neat, firm "parcel." Place seam-side down in oven-proof dish, packing close together. Drain liquid from pineapple pieces into saucepan, add remaining ingredients, except pieces, and bring to boil. Pour over cabbage rolls and bake, covered, in moderate oven 350° for 1½ hours. Add pineapple pieces to rolls, return to oven uncovered and bake for further 30 minutes, adding water to dish if necessary. Serve at table from dish. Serves 4-5.

Tropical sunshine
in a can

Jams and chutneys

TROPICAL fruits make delicious jams, jellies, and chutneys. In some of the recipes, canned pineapple is used to simplify preparation and shorten cooking time — with delightful results!

APRICOT AND PINEAPPLE JAM

½lb. dried apricots
15oz. can crushed pineapple
¾ cup grated carrot
1¾ cups water
grated rind 1 lemon
juice 2 lemons
4 cups sugar

Combine dried apricots, pineapple with juice, carrot, and water in heavy saucepan. Bring slowly to the boil, cover, and simmer until apricots are tender (approximately 20 minutes). Add sugar, lemon rind and juice, bring to the boil, stirring until sugar is dissolved. Continue cooking, uncovered, at a gentle boil stirring occasionally. Start testing jam on cold saucer after 10 minutes of boiling. When jam jells, remove from heat and pour into sterilised jars; seal when cold.

Makes approximately 3 pints.

GUAVA JELLY

guavas
water
sugar
lemon juice

Wash guavas, trim tops; chop roughly. Put in saucepan, cover with water, bring to boil. Reduce heat, simmer 2 hours. Strain through colander, then through jelly bag. Strain twice, if necessary, to get a clear liquid. Measure liquid: for each cup of liquid add 1 cup sugar and juice of ½ small lemon. Boil all together until mixture jells when a small amount is tested on a cold saucer.

PAPAW AND PLUM JAM

1½lb. firm papaw
½lb. plums (red variety)
4 tablespoons water
2lb. sugar
2 tablespoons finely chopped preserved ginger

Peel and seed papaw, cut into ½in. cubes; sprinkle with a little sugar, allow to stand 4 to 5 hours. Remove skin and stones from plums, slice thinly. Combine water, papaw, and plums in preserving pan or saucepan, simmer gently until soft and pulpy; stir occasionally during cooking. Add ginger and remaining sugar, bring rapidly to boil, cook until jam jells when tested on a cold saucer; approximately 20 minutes. Bottle and seal when cold.

Makes approx. 2 pints.

SPICED PAPAW PICKLE

1 large ripe papaw
sugar
brown malt vinegar
cinnamon sticks
1 tablespoon whole cloves
1 tablespoon whole allspice

Peel papaw, cut into even-sized pieces, remove seeds. Weigh fruit, allow 1lb. sugar for every 1lb. papaw. Place in large basin, add sugar, stand overnight. Place fruit and syrup into large saucepan, stir until sugar has dissolved, simmer 15 minutes, or until papaw is transparent.

Remove papaw, measure syrup, allow ¾ cup of vinegar for every 1 pint syrup. Lightly crush cinnamon sticks to give 1 tablespoon, add with cloves and allspice to syrup and vinegar; boil 10 minutes, strain.

Add papaw to syrup mixture; simmer for further 10 minutes. Remove from heat, stand overnight. Next day; bring to boil, place papaw pieces into hot sterilised jars, add syrup to cover, seal.

Makes approx. 2 pints. Delicious with ham, cold pork, duck.

PINEAPPLE CHUTNEY

1 small red pepper
1 small onion
15oz. can crushed pineapple
1 tablespoon finely chopped preserved ginger
½ cup raisins
2 cloves garlic, crushed
½ cup brown malt vinegar
1 tablespoon brown sugar
1 teaspoon salt

Dice red pepper and onion, combine with undrained pineapple and remaining ingredients in large saucepan. Boil steadily for approximately 1 hour, or until thickened. Pour into hot sterilised jars and seal.

Makes approx. ½ pint.

PINEAPPLE-CITRUS MARMALADE

1 large grapefruit
1 large orange
1 lemon
sugar
15oz. can crushed pineapple
2 pints water

Wash grapefruit, orange, and lemon, remove rind thinly with vegetable peeler, cut into fine shreds. Remove white pith from fruit, chop roughly, and tie in piece of muslin. Cut fruit into thin slices. Combine fruit slices, shredded rind, muslin bag, undrained pineapple, and water in preserving pan, simmer gently until rind is tender (approximately 20 minutes). Remove muslin bag, measure pulp and liquid, allow 1 cup sugar to each cup of fruit mixture.

Return fruit mixture to pan, bring to boil, add sugar, stir until dissolved. Boil rapidly for approximately 45 minutes or until jam jells when tested on a cold saucer. Remove from heat, stand 10 minutes before bottling into hot sterilised jars, seal when cold.

Makes 2 pints.

MANGO CHUTNEY

3 large ripe mangoes
1 small onion
1 chilli
1 teaspoon mustard seeds
1 teaspoon celery seeds
⅓ cup raisins
¼ cup currants
1 tablespoon chopped mixed peel
1 teaspoon finely chopped green ginger
1 clove garlic, crushed
1 teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon allspice
½ cup brown sugar
½ cup brown malt vinegar
½ cup lemon juice

Peel mangoes, roughly chop flesh, chop onion and chilli; tie mustard and celery seeds in a muslin bag. Combine all ingredients, cover, and stand overnight. Place mixture in large saucepan, boil steadily for ½ hour or until thickened. Remove muslin bag, pour chutney into hot sterilised jars and seal.

Makes approximately 1 pint.

PAPAW AND APRICOT JAM

1 medium papaw
4oz. dried apricots
½ cup water
1½ teaspoons gelatine
grated rind 1 lemon
1 tablespoon lemon juice
sugar

Peel and seed papaw, chop finely. Cut apricots into quarters. Combine water and gelatine, stand 5 minutes. Combine papaw, apricots, gelatine mixture, lemon rind and juice, allow to stand 3 hours. Measure fruit mixture and allow 1 cup sugar for each cup pulp. Place fruit mixture into preserving pan, bring to the boil. Add sugar, stir until dissolved, boil rapidly for approximately 20 to 30 minutes or until jam jells when small amount is tested on a cold saucer. Remove from heat, allow to stand for 5 minutes before pouring into hot sterilised jars, seal when cold.

Makes 2 pints.

PAPAW SPREAD

1 large ripe papaw
juice of 1 lemon
sugar

Peel and seed papaw, chop finely, add lemon juice; simmer gently, uncovered, until papaw is pulpy and clear; approximately 20 minutes. Measure pulp, allow 1 cup sugar to 1 cup pulp. Combine sugar and pulp in saucepan, stir until dissolved. Simmer gently, uncovered, for 45 minutes or until the consistency of honey. Pour into hot sterilised jars, seal, and label.

Makes approx. 1½ pints.

GRAPEFRUIT AND PASSIONFRUIT JAM

4lb. grapefruit
pulp of 4 passionfruit
12 pints water
sugar

Wash and dry grapefruit, cut into very thin slices, remove seeds. Place fruit and passionfruit pulp in large preserving pan, add water; cover, stand overnight.

Next day boil quickly for 2 hours; remove from heat, stand overnight again. Next day measure fruit pulp and liquid, place back in pan, and bring to boil.

Add 1½lb. sugar to every 1 pint of mixture. Stir until sugar dissolves, then boil for approximately 1½ hours or until jam jells when tested.

Makes approx. 6 pints.

MELON AND PINEAPPLE JAM

5lb. jam melon
1 medium pineapple
juice 1 lemon
sugar (allow 1lb. sugar for each 1lb. fruit)

Cut peeled melon into cubes; remove seeds. Peel pineapple, then grate. Place melon and grated pineapple in bowl with half the sugar; cover, stand overnight.

Next day place in a well-greased (to prevent jam sticking) preserving pan, bring to the boil, boil for 1 hour.

Add remaining sugar and lemon juice. Continue boiling, stirring occasionally, until jam jells when tested on a saucer (approximately ¾ hour).

Makes 3½ pints.

APRICOT AND PASSIONFRUIT JAM

4 cups boiling water
juice 2 lemons
12 passionfruit
8oz. dried apricots
4 cups sugar

Cut passionfruit in halves, remove pulp. Place washed shells in saucepan, cover with water. Boil until soft, scoop out remaining pulp, discard thin shell; chop pulp finely, add to seeds and juice.

Wash apricots thoroughly, cut in halves. Cover with boiling water, stand a few hours to soften.

Place apricots and water in which they soaked into large saucepan, boil until soft and pulpy. Add passionfruit, sugar, and lemon juice, stir over low heat until all sugar has dissolved, then bring to boil. Boil quickly until jam jells when tested. Fill into hot sterilised jars, seal, and label when cold.

Makes 2 pints.

PASSIONFRUIT BUTTER

grated rind 1 lemon
strained juice 2 lemons
6 passionfruit
1 cup sugar
2 eggs
2oz. butter or substitute

Place lemon rind and juice in top of double boiler with passionfruit pulp and sugar. Add beaten eggs and butter. Stir well over moderate heat until mixture thickens. Bottle and seal while hot in sterilised jars.

Makes 1 pint.

Note: Mixture thickens further on cooling.

Passionfruit butter is delicious spread on bread or scones. Use it, too, as a filling for small tarts or as a cake filling. It's specially good spread between sponge-cake layers, then topped with whipped cream.

TOMATO AND PASSIONFRUIT JAM

¾ cup passionfruit pulp (approx. 10 passionfruit)
2lb. ripe tomatoes
2½lb. sugar

Skin and chop tomatoes; remove pulp from passionfruit. Put half skins of passionfruit into saucepan, cover with water. Boil until skins are soft inside, approx. 20 minutes. With a spoon, scoop out all softened pulp inside skins; reserve this, discard passionfruit skins.

In separate saucepan place tomatoes and passionfruit pulp; bring to boil. Add reserved scrapings and sugar; stir until dissolved, then boil until jam sets when tested on a cold saucer, approx. 50 minutes.

Makes 1¼ pints.

PASSIONFRUIT JAM

24 passionfruit
sugar
approx. 3 pints water

Remove pulp from passionfruit, reserve. Place skins in pan and cover with water, simmer, uncovered, 1 hour or until tender. Remove pulp from skins, sieve. Measure pulp and liquid, allow 1 cup sugar to 1 cup liquid and pulp.

Return pulp and liquid to boiling point, add heated sugar and reserved pulp from passionfruit, stir over moderate heat to dissolve sugar. Boil mixture approx. 10 minutes or until mixture jells.

Makes approximately 3 pints.

PASSIONFRUIT LEMON SPREAD

2oz. butter
1 cup sugar
¾ cup boiling water
2 egg-yolks
juice and grated rind 2 lemons
2 tablespoons cornflour
2 passionfruit

Place butter and sugar in saucepan. Add boiling water, stir until butter has melted and sugar dissolved. Blend cornflour with a little cold water, stir into hot mixture. Add lemon rind and juice.

Bring to the boil, simmer 5 minutes, stirring constantly. Remove from heat, stir in beaten egg-yolks and passionfruit pulp. Bottle when hot. (This mixture thickens when cool.) Makes 1 pint.

Use as a spread or filling for small tartlets.

Golden Circle adds a little sunshine to the sauce scene

Give your appetite a holiday in the sun.

Get away from all the old familiar flavours with Golden Circle's new Pineapple Relish. Capsicum, spices and succulent pineapple chunks. Tantalisingly tropical. Have it with cold meats or poultry. On sandwiches or savouries. As a savoury tray dip. Or hot as a sweet and sour sauce. With hamburgers, rissoles, baked fish or fish croquettes. Spread over roast duck or chicken and replace in oven for 10 minutes before serving. You're on a taste-trip to the tropics!

Relish-Tuna Salad

1 cup Golden Circle Pineapple Relish
3 cups cooked rice
½ cup chopped celery
½ cup chopped shallots
¼ cup chopped parsley
1 lb can tuna
Salt and freshly ground black pepper to taste;
Salad greens for serving.

Mix all ingredients lightly together, season to taste and chill thoroughly. Line serving platter with salad greens and pile Relish Salad in centre. Serves 6.

Pineapple Relish Dip

½ cup Golden Circle Pineapple Relish
8 oz softened cream cheese
1 tablespoon finely chopped shallots or chives
1 tablespoon finely chopped parsley
Salt and pepper to taste.

Mix all ingredients thoroughly until of a good dip consistency, mixing in a little cream if necessary. Serve with crackers, potato crisps, prawns, lobster or crab meat.